

ACTIVITY REPORT - 2020-21

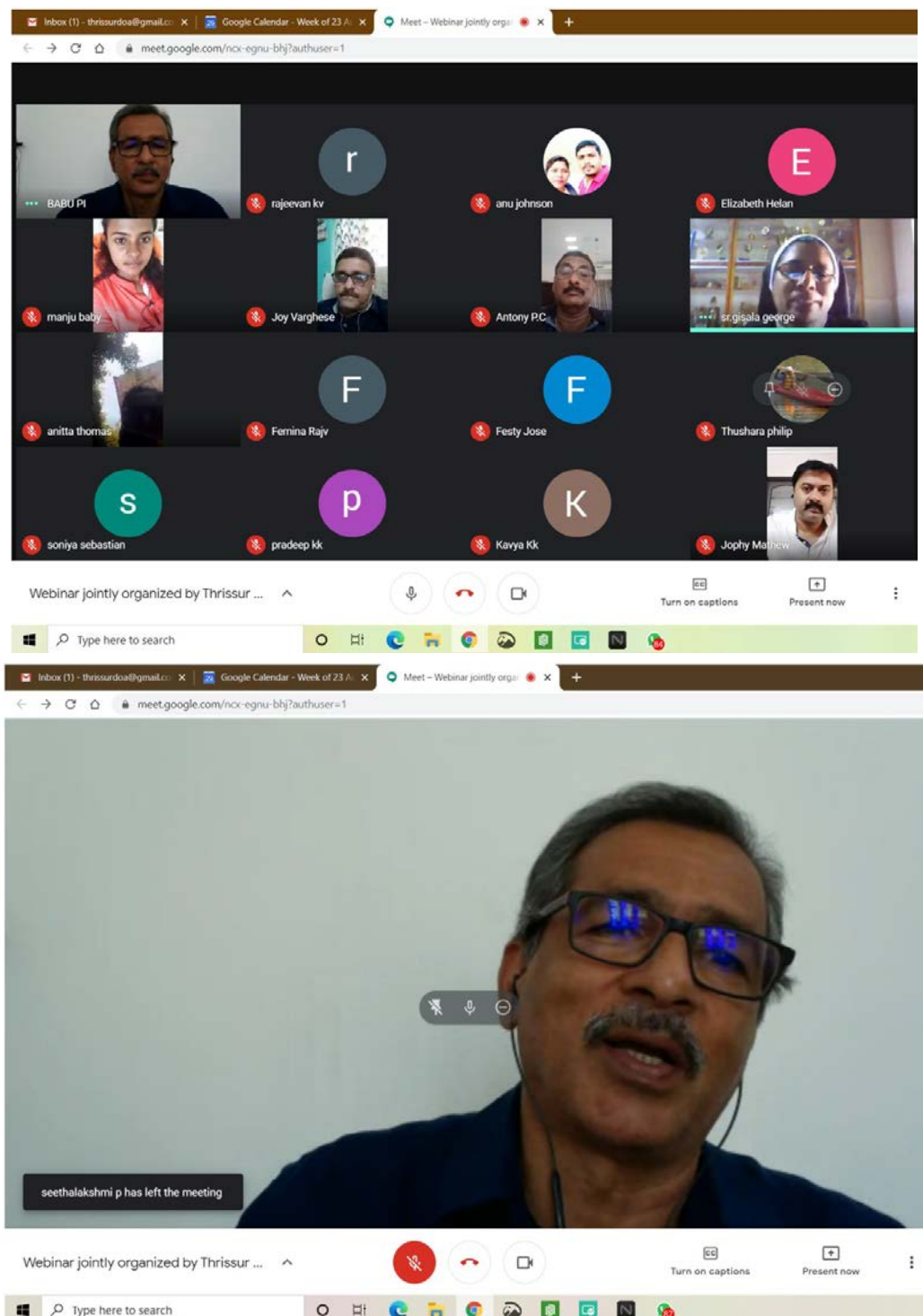
Yoga day Celebration -21-/06/2020

In association with International yoga day celebrations our department conducted online Yoga Programme. Prepared a video of Yoga and circulated to all student of the college via online. The students have performed the yoga which has mentioned in the video. Those who have done the yoga has given certificate of participation.



Webinar on 'Kerala sports Tomorrow' - 29-08-2020

The department has organized a Webinar on 'Kerala sports Tomorrow' in association with Thrissur District Olympic Association on 29/8/2020. This programme has organized in connection with National Sports Day. Around 75 members have participated in the webinar. Prof.P.I Babu, Secretary Kerala State Athletics Association, was the resource person of this programme. E-certificate has been given to the participants.



Calicut University D-Zone Badminton men championship - 3-4/3/2021

Department of Physical education, St.Joseph's College (Autonomous), Irinjalakuda has hosted the Calicut University Inter Collegiate D-Zone Shuttle Badminton Men Championship. Around 20 colleges (110 students) were participated in the championship. Principal Dr.Sr.Asha Theres was inaugurated the championship.



Inter collegiate basketball championship - 23-24/7/2021

Inter collegiate Basketball Championship was conducted by our college. Our Principal Dr. Sr. Asha inaugurated the Championship and 8 Colleges from Calicut University participated in this championship. In the closing ceremony, Dr. Sakeer Hussain V.P, Director, Department of Physical Education, University of Calicut distributed the trophies to the winners. St.Joseph's College, Irinjalakuda Basketball team has won the Calicut University inter-zone championship



Inter collegiate Volleyball championship - 23-24/7/2021

Inter collegiate Volleyball Championship was conducted by our college at St. Joseph's Indoor stadium, Our Principal Dr. Sr. Asha inaugurated the Championship and 7 Colleges from Calicut University participated in this championship. In the closing ceremony, Dr. Sakeer Hussain V.P, Director, Department of Physical Education, University of Calicut distributed the trophies to the winners. St.Joseph's College, Irinjalakuda Volleyball team has won the Calicut University inter-zone championship - 2020-21



Inter collegiate Football championship -29- 30/7/2021

Inter collegiate Football Championship was conducted by our college at St. Joseph's Indoor stadium, Our Principal Dr. Sr. Asha inaugurated the Championship and 10 Colleges from Calicut University participated in this championship. In the closing ceremony, Dr. Sakeer Hussain V.P, Director, Department of Physical Education, University of Calicut distributed the trophies to the winners. Our College Football team has won the Calicut University inter-zone championship -2020-21



FIT FOR LIFE –UNVAILING LOGO

Dr.Sakeer Hussain, Director, Dept. of Physical Education has unveiled the logo of Fit 4 Life project of the college.



Dr.Sakeer Hussain, Director, Dept. of Physical Education has inaugurated the project 'Shape up for life'. This project is under 'Fit 4 Life' project activities.



Dr.Sr.Asha Therese, Principal has inaugurated the BMI point. This is a project under 'Fit 4 Life'. Anu students and faculty can check their BMI at this point.

